

Mindful Parenting



September 22 at 7pm

Adults only please

Registration in Children's Room or call 650.903.6897

Minimize the effects of daily stress on you and your children. Mindfulness Based Stress Reduction is an ideal antidote to the stresses of life. Applying Mindfulness to the complex, sometimes overwhelming responsibilities of daily life with children might actually allow for grace amidst the chaos.

Dr. Amy Saltzman is a holistic physician. She received her B.A. from Stanford University and her M.D. from U.C. Irvine. She studied mindfulness meditation with Dr. Jon Kabat-Zinn at the University of Massachusetts Medical Center.



**Free Parenting Program
Sponsored by the Friends of the Library**

Mountain View Public Library | 585 Franklin Street | Mountain View, CA 94041 | 650.903.6897